**Fall Prevention Checklist**

* Have a lamp or light switch that you can easily reach without getting out of bed.
* Use night-lights in the bedroom, bathroom and hallways.
* Keep a flashlight handy.
* Have light switches at both ends of stairs and halls. Install handrails on both sides of stairs.
* Turn on the lights when you go into the house at night.
* Add grab bars in shower, tub and toilet areas.
* Use bath mats with suction cups.
* Use non-slip adhesive strips or a mat in shower or tub.
* Consider using an elevated toilet seat.
* Wear non-slip, low-heeled shoes or slippers that fit snugly. Don't walk around in stocking feet.
* Remove all extraneous clutter in house.
* Keep telephone and electrical cords out of pathways.
* Tack rugs and glue vinyl flooring so they lie flat. Remove or replace rugs or runners that tend to slip or attach non-slip backing.
* Make certain that carpets are firmly attached to the stairs.
* Use helping devices, such as canes, when necessary.
* Purchase a step stool with high and sturdy handrails. Repair or discard wobbly step stools. Do not stand on a chair to reach things. Store frequently used objects where you can reach them easily.
* Paint the edges of outdoor steps and any steps that are especially narrow or are higher or lower than the rest.
* Paint outside stairs with a mixture of sand and paint for better traction. Keep outdoor walkways clear and well lighted.
* Keep entrances and sidewalks cleared of debris and clutter.
* Review medications with your doctor or pharmacist. Some drugs, including over-the-counter drugs, can make you drowsy, dizzy and unsteady.
* Watch your alcohol intake. More than two drinks per day can cause unsteadiness.
* Have your hearing and eyesight tested. Inner ear problems can affect balance. Vision problems make it difficult to see potential hazards.
* Exercise regularly to improve muscle flexibility and strength.
* If you feel dizzy or light-headed, sit down or stay seated until your head clears. Stand up slowly to avoid unsteadiness.